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Sugar for Canning and Preserving

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U. S. Department of Agriculture

Broadcast by Dr. Louise Stanley, Bureau of Home Economics and Mr. Wallace Kadderly, Office of Information, Thursday, April 30, 1942, in the Department of Agriculture period of the National Farm and Home Hour, over stations associated with the Blue Network.

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Wallace Kadderly:

Here we are in Washington, with word from the home front on a subject that a lot of people are talking about. And that's sugar for canning and preserving peaches, cherries, and other fruits this season. Dr. Louise Stanley, Chief of the Bureau of Home Economics, has come to the studio today to talk over the prospects. Now Dr. Stanley, we all do understand that there will be some sugar for home canning. That's right, isn't it?

DR. LOUISE STANLEY:

Yes. In addition to the regular sugar ration an extra amount will be allowed.

KADDERLY:

Then the real question is--how to put the sugar you can get, to the best possible use?

DR. STANLEY:

Yes--and at the Bureau we are answering it by suggesting how you can make the best use of what you will have.

KADDERLY:

I suppose one way of having more sugar for canning then would be to save part of the family's every-day sugar ration. That is, use less in desserts, baking, and so on.

DR. STANLEY:

That's a good suggestion to begin on. And at the Bureau we have been emphasizing that Americans can really get along with much less sugar than they have been in the habit of using in peacetime.

KADDERLY:

After all, sugar is only one of our energy foods, and we can get calories from fats, breads and cereals, starchy vegetables, and dried fruits.

DR. STANLEY:

I see you know how to count your calories, Mr. Kadderly. If we get our energy from other foods and our sweets from fresh or dried fruits or sirups like honey and maple and molasses, there will be that much more sugar for canning and preserving.

KADDERLY:

You said a minute ago that sugar for canning will be allowed in addition to the regular household allowance. What will the canning allowance be for each family? Is that settled?

(over)

DR. STANLEY:

5 pounds per person at least.

KADDERLY:

Five pounds per person. And that's for the season?

DR. STANLEY:

Yes, for the season. Any additional allocation will depend on how sugar supplies hold out. But carefully used, 5 pounds per person will serve for putting up quite a lot of fruit.

KADDERLY:

How can we make this sugar go the farthest?

DR. STANLEY:

Well, juicy fruits like berries, cherries, and plums may be canned without dilution with sirup. You don't add much sugar, if any, when you eat these fruits fresh. If ripe pears and peaches are sliced and precooked, enough juice to cover the fruit will be formed. Be sure there is enough juice to cover, and fill in the jar boiling hot, then process as you would for a hot pack.

KADDERLY:

How about putting up fruit juice this year all by itself?

DR. STANLEY:

Fruit juices will be most acceptable next winter. Many of them are good sources of vitamin C. They make refreshing drinks and can be used for making ices and other desserts. They may be sweetened or unsweetened as you desire.

KADDERLY:

Would you put up juices like that in jars?

DR. STANLEY:

No, in bottles. Most families have on hand bottles which may be used.

KADDERLY:

Well, these are good suggestions and a little different from canning as usual.

DR. STANLEY:

Some fruit should be canned in halves or pieces. Pears and peaches are most used this way. For these make a thin sirup. Not packing will make the sirup go further.

KADDERLY:

Can you substitute fruit juice for the sirup ordinarily used in canning?

DR. STANLEY:

Yes. In that case, select the riper fruit, crush and heat and strain and use this juice instead of sirup. If the fruit is too acid to be palatable, add just enough sugar to the juice to make it taste right.

KADDERLY:

Can you substitute any honey for sugar in making the syrup.

DR. STANLEY:

Yes, honey or corn sirup. Either may be substituted for half the sugar without losing any of the delicate flavor of the fruit itself.

KADDERLY:

Well, now, Dr. Stanley, you've made some good suggestions on ways to stretch your sugar in canning -- what about preserves and jellies? Can you stretch your sugar in making them?

DR. STANLEY:

Yes -- but sugar goes farther in canning. The sugar used in jams and other sweets of that sort is not only for flavor but is needed as a preservative and to give consistency to the product.

KADDERLY:

But can't we stretch our sugar -- somehow -- in making jams and jellies?

DR. STANLEY:

Oh, yes! We can make our jams and jellies, preserves and marmalades a little less sweet and still get products of good consistency. The Bureau has a mimeographed list of suggestions on ways of doing this, which may be had for the asking.

KADDERLY:

Well, from what you have been saying it sounds as if sugar rations really can be stretched to cover a lot of fruit.

DR. STANLEY:

Yes. And ~~what~~ we are suggesting is that homemakers see that no good fruit is wasted. That means that we will eat as much fresh fruit as possible -- and then put up the rest for future use--not only by canning and preserving, but in every other way.

KADDERLY:

You mean drying -- freezing --?

DR. STANLEY:

Yes. Homemakers can dry many kinds of fruit--apples, peaches, pears, cherries, berries, and others, too. And they can freeze some kinds if they have the equipment. Peaches and berries are particularly suitable for this. And besides that, they can store apples and pears.

KADDERLY:

We are all fond of fruit, so I know we'll all want to eat our share for good nutrition, and I'm sure homemakers will plan carefully to put up as much fruit as possible. Just one more thing--publications on canning that are available from the Bureau of Home Economics.



DR. STANLEY:

Well—I'd suggest our bulletin on "Canning fruits and vegetables" -- and the one on "Homemade jellies, jams and preserves."

KADDERLY:

Many homemakers are familiar with those two publications. We've mentioned them many times and they're the good old standbys.

DR. STANLEY:

And this year we are supplementing them with that mimeograph I mentioned a moment ago--

KADDERLY:

Giving directions for stretching sugar in canning and in making jams, jellies, and preserves. (Ad lib offer)

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